



# SOUTH SPA Chronicle 6

A publication for friends and neighbors of the South Service Planning Area

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Spring 2006



## Department of Health Services, Public Health to Separate

On June 28, 2005, the Board of Supervisors approved, in concept, the separation of Public Health from Personal Health Services, creating a new Public Health department. The Board is scheduled to vote on this action on February 7, 2006. Separation would enable Public Health to more effectively protect and promote the health of the population and will put Los Angeles County in the ranks of other major metropolitan areas that have separate public health departments.

### Different Missions

The Department of Health Services' primary mission is to provide medical care and clinical

services to those who are ill or injured and have no other source of medical care. Public Health's mission is to safeguard the health of the entire population of Los Angeles County through services that:

- Protect the public from the threat of disease
- Regulate restaurants and license hospitals and nursing homes
- Promote effective prevention of disease
- Identify and assure treatment for those whose problems threaten the health of others

### Elevating Public Health Priorities

As a separate depart-



The proposed change would separate all Public Health Programs from the

ment, Public Health would have more direct control of its budget priorities and administrative resources. Public Health could better serve all Los Angeles County residents and fulfill its role in bioterrorism and emergency preparedness with greater control of administrative processes such as purchasing, contracting, and hiring.

[See Split, Page 3]

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## LA County Conducts Emergency Preparedness Exercise

The County of Los Angeles and the City of Los Angeles and its Operational Area partners conducted a major terrorism preparedness and response exercise on Thursday, November 17, 2005 at the Los Angeles Memorial Sports Arena in Exposition Park.

The exercise scenario called for activation of a Point of Dispensing (POD) site to dispense antibiotics in response to an aerosolized release of anthrax. The exercise scenario was not based on any credible threat.

The Los Angeles County

Operational Area conducts an emergency preparedness exercise every year.

Although the focus of the exercise was on bioterrorism,

[ See Exercise, Page 5]

## SPA 6 NEWS & NOTES

**The California African American 5 a Day Campaign** in partnership with the Los Angeles Regional Nutrition Network and Los Angeles Faith Based African American 5 a Day Campaigns invites you to attend the **Black History Month Community Health and Wellness Forum**, Saturday, **February 18, 2006** from 11am to 3pm at **Jesse Owens Park**, 9651 S. Western Ave. (corner of Century Blvd. and Western Ave.)

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As part of their **"Body and Soul Wellness Program"**, **New Life Christian Center** (2600 S. La Brea Ave. Los Angeles, CA 90016) will be hosting several events during the months of February and March:

**2/10/06** - *What Does The Food Guide Pyramid Have To Do With*

*Me?*, 7-9pm

**2/11/06** - *Living a Healthy Life On a Budget*, 2-4pm

**2/25/06** - *Making Healthy Choices for Me and My Family*, 2-4pm

**3/10/06** - *How a Diet Rich In Fruits & Vegetables and Physical Activity Can Lower the Risk Of 5 Major Diseases*, 7-9pm

**3/11/06** - *Raising Healthy Kids*, 2-4pm

**3/25/06** - *Healthy and Affordable Recipes You Can Make At Home*, 10 am-12pm

**3/25/06** - "Spring Into Health" Health Fair, **12pm – 4pm**, featuring health screenings, physical activity demonstrations, lots of prizes and give-aways, and much more.

Call 323-648-1252 for more information

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**S.A.Y. Yes! After School Program** at Faith in Christ Ministries, (4501 S. Western Av., L.A. 90062) is seeking volunteers to assist students (K-12) with homework, tutor in reading and math. They're also seeking help with nutrition, physical activity, computer and art projects. The program is every Tuesday, Wednesday, Thursday from 2 pm-5:30 pm and will begin February 7, 2006, Training is provided.

For further information, please call Mrs. Gwynn Browne at 323-228-3315

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**If you'd like an event featured in this column or have news to share, please contact Nicole Vick at [nvick@ladhs.org](mailto:nvick@ladhs.org) or 323 235 6711**

## LA County Health Department Launches Emergency Preparedness Campaign

This summer, the LA County Health Department introduced "Just Be Ready: Prepare Together!" a multicultural, multilingual outreach effort to assist county residents prepare themselves and their families for emergencies.

The campaign seeks



to increase the level of personal responsibility and emergency preparedness among all Los Angeles County communities and families. Research demonstrates that only 43 percent of Los Angeles households have a disaster plan and only

51 percent have an evacuation plan (cite). Less than 50 percent of households have a disaster kit. "The importance of preparing for an emergency cannot be emphasized enough", said Jonathan Fielding, M.D., M.P.H., Director of Public Health and County Health Officer.

[See Preparedness, Page 5]

## SPA 5 and 6 Welcomes a New Health Educator

LA County Public Health SPAs 5 and 6 welcomed Nicole Vick as their new Health Educator last November.

Ms. Vick will work closely with the Acting Area Health Officer and other staff in the South and West Service Planning Area Offices. Her main role will be to coordinate health educa-



tion activities for residents in partnership with community agencies. "I'm so happy to be able to work with such a wonderful group of people. I am excited about the opportunity to meet and work with the community in order to make them happier, healthier people."

Ms. Vick is not new to Public Health. In 2000, she was hired as a Student Professional Worker for the STD Program.

She left a year later to coordinate health services for USC's Head Start Program. In April 2004, she returned to Public Health and worked in several programs before being promoted to Health Educator. Ms. Vick has a Bachelor's Degree in Public Policy and her Masters Degree in Public Health from USC. She is also a Certified Health Education Specialist.

## February is Heart Health Month

The American Heart Association's "Go Red For Women" is a nationwide movement celebrating the energy, passion and power women have to band together and wipe out heart disease.

Sponsored by Macy's and Pfizer with additional support from the PacificCare Foundation and Bayer Aspirin, and locally by **Brighton, St. Joseph Hospital** and **USC University Hospital**, "Go Red For Women" began in February 2004 to raise awareness that heart disease is women's No. 1 killer. The grassroots campaign has since grown into a vibrant national movement as more women, men, celebrities, healthcare professionals and politicians embrace and elevate the cause of women and heart disease.

The campaign provides women with tips and information on healthy eating, exercise and risk factor reduction, such as smoking cessation, weight maintenance, blood pressure control and blood cholesterol management.

Additional activities include National Wear Red Day on February 4, and the illumination in red of national and local landmarks to further raise awareness of women and heart disease.

Locally, The American Heart Association's Cultural Health Initiatives team utilizes the "Search Your Heart" program to educate community members on the importance of cardiovascular disease and stroke prevention. "Search Your Heart" is a faith based program that uses

interactive workshops and informative seminars to educate the African American and Latino community on physical activity, nutrition, advocacy, stroke, physical body assessments, and stress. For more information regarding this program, please contact the Cultural Health Initiatives department at 213.291.7065.

In support of Heart Health Month, The LA County Office of Women's Health will be sending their Mobile Clinic to various events in the community to provide health screenings to women. On February 18, they will be at Jesse Owens Park from 8:30am-4:00pm.



## Who to Call for Public Health Services in SPA 6

The following is a list of Public Health contacts in your area:

### AREA HEALTH OFFICE SERVICE PLANNING AREA 6

H.H.HUMPHREY COMPREHENSIVE  
HEALTH CENTER  
5850 S. Main Street  
Los Angeles, CA 90003  
**Public Health Administration**  
323-235-6707  
**Environmental Health**  
323-235-7009



### SOUTH HEALTH CENTER 1522 E. 102nd St.

Los Angeles, CA 90002  
**Business Office**  
323-563-4053/4054  
**Public Health Investigation**  
323-563-4105 or Headquarters  
323-890-7803

### RUTH TEMPLE HEALTH CENTER 3834 S. Western Ave.

Los Angeles, CA 90062  
**Business Office**  
323-730-3507  
**Public Health Investigation**  
323-730-3528 or Headquarters  
323-890-7803  
**Environmental Health**  
323-730-3558

## DHS/Public Health Split

[Split, from Page 1]

There is a strong precedent within Los Angeles County and around the country for creating separate departments. Examples of separations within the County include the Department of Mental Health from the Department of Health Services. Nationwide, many large municipalities have independent public health

departments, including New York City, Chicago, Houston, Miami/Dade, Boston, and Seattle.

Concern has been raised that the separation of departments would lead to gaps in patient care, decreased collaboration, duplication of effort, or increased bureaucracy.

Actually, only about 6% of Public

Health's activities are direct clinical services. As there is little overlap in services, there will be no duplication of effort and separation will decrease a layer of bureaucracy, as Public Health administrative and budgetary requests will no longer have to be filtered through DHS.

## March is National Nutrition Month® !!!

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Locally, the LA County Public Health Nutrition Program will recognize National Nutrition Month® by supporting several local activities. One such event is the "Body and Soul" Wellness workshops at Faith-based organizations (see article on page 5). The Program will also hold health recipe demonstrations at local food retailers. Worksite Wellness seminars will also be held at local Chambers of Commerce and businesses throughout Los Angeles County.

In honor of National Nutrition Month®, *the Chronicle* is listing Farmers' Markets in your area, as well as a recipe in honor of Chinese New Year, January 29. For more information about National Nutrition Month®, check out the ADA's website at [www.eatright.org](http://www.eatright.org). For more information about the Regional Nutrition Network, please contact [www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)



## Church donates funds to those in need in SPA 6

This past holiday season, 50 families were given \$100-\$200 in gift cards to help ease some of the financial burden often present during the holidays. The gift cards were from neighborhood stores such as Food 4 Less, Ralphs, WalMart, and Target.

The gift cards were graciously provided by Mt. Zion Baptist church, headed by Pastor Edward V. Hill, II.

Public Health Nurses from SPA 6 selected families from their caseloads that they knew would benefit most from receiving the gift cards. "We helped so many families that REALLY needed the help", said Dee Warren, Public Health Nursing Supervisor. "There was one family that we helped that sells produce on the street in our neighborhood that we found out was homeless. Another family consisted of a grandmother raising her grandchildren. When I came to her home to give her the cards, she broke down and cried. There were some very emotional moments, but all of us are happy that we could help."

## Certified Farmers' Markets in Your Area

The following is a list of Certified Farmers' Market in your area. For more information, go to: [www.cafarmersmarkets.com](http://www.cafarmersmarkets.com)

### SUNDAY

?? **Leimert Park**  
43rd St. and Degnan Bl.,  
10am-2pm

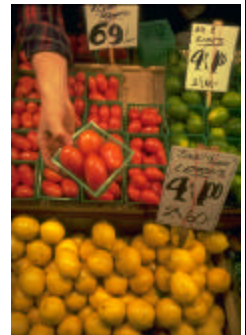
### WEDNESDAY

?? **Adams/Vermont**  
1432 W. Adams @ St.  
Agnes Catholic Church,  
2pm-5pm SEP-MAY,  
2pm-6pm JUN-AUG

### SATURDAY

?? **Central Ave.**  
43rd St and Central Ave.,  
9am-1pm MAR-JAN

?? **Harambee**  
Crenshaw and Slauson  
10am-4pm



## Zesty Asian Chicken Salad - recipe from California 5 a Day

Prep time: 20 minutes

- |   |   |
|---|---|
| 3 boneless skinless chicken breasts, cooked and chilled | 1 medium red bell pepper, cut into strips       |
| 3 green onions, sliced                                  | 1/2 cup fat-free Asian or Sesame salad dressing |
| 1 1/2 cups small broccoli florets                       | 1/4 cup orange juice                            |
| 2 medium carrots, peeled and cut into strips            | 1/4 cup chopped fresh cilantro                  |

Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, and bell peppers. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. *Makes 4 servings*

*1 cup per serving*

*Nutrition Information Per Serving: Calories 214, Carbohydrate 16g, Protein 28g, Total Fat 4g, Saturated Fat 1g, Cholesterol 15mg, Sodium 370mg, Dietary Fiber 3g*



## Body and Soul Wellness Program Kick Off in February

New Life Christian Center (NLCC) in partnership with the American Cancer Society and National Cancer Institute, will hold it's "Body & Soul Wellness" Program this February and March. The program is a celebration of healthy living that has been proven to increase fruit and vegetable consumption among African Americans.

*"Our goal ... is to empower our church members and the community to eat more fruits and vegetables and be physically active everyday for better health"*

This FREE program will consist of 6 nutrition education classes, peer counseling, motivational interviews, physical activity sessions, cooking demonstrations, and tasting & sampling of delicious recipes. Each

participant will receive free gifts at each session. The program is conducted by a registered dietitian and nutrition specialist. In August NLCC will hold a Body & Soul Boot Camp. This is a weeklong summer

health program for the entire family-military style! NLCC was awarded a three-year African American 5 a Day Campaign funded by the USDA Food Stamp Program. "Our goal for this grant is to empower our church members and the community to eat more fruits and vegetables and be physically active everyday for better health", says Sandra Roman-Morales, Project Coordinator .

For more information call: Sandra Roman-Morales, project coordinator, 323-648-1252.



*Children participating in a nutrition class at Boot Camp 2005 at NLCC.*

## POD Exercise

*[Exercise, from Page 1]*

the planning and preparedness efforts undertaken by the Los Angeles County Operational Area can be applied to other public health emergencies such as the pandemic flu.

"The goal of this exercise was to test Los Angeles County's response to this challenging scenario and provide an opportunity for county and city agencies and our local ju-

risdiction partners to see how they would respond if face with a biological terrorism attack or with a pandemic flu outbreak", said Dr. Jonathan Fielding, Los Angeles County Public Health Officer.

A second exercise is scheduled to take place February 2006.



## Emergency Preparedness Campaign

*[Preparedness, from Page 2]*

"Our goal is to increase public awareness about the importance of preparing for emergencies and encourage individuals to take action by preparing now."

Residents should be encouraged to create their family emergency plan by following three easy steps:

-Gather all necessary emergency information

-Write down your emergency family plan. Easy to use materials are available at [www.labt.org](http://www.labt.org)

Share your emergency plan with all members of your family and make sure to keep it easily accessible.

Materials are also available to your

agency for dissemination. Please see the materials request form included in this mailer.

For additional tips and information on the "Just Be Ready: Prepare Together!" campaign, visit [www.labt.org](http://www.labt.org) or call the multilingual hotline, 866 999 LABT (5228) or call the multilingual hotline, 866 999 LABT (5228)

**Selected Reportable Diseases Provisional Data\* (South)**

Disease	Apr-Jun 05	Apr-Jun 04
AIDS	46	66
Amebiasis	1	0
Campylobacteriosis	0	2
Chlamydial Infections	2211	2285
Encephalitis	0	0
Gonorrhea	775	735
Hepatitis Type A	1	0
Hepatitis Type B	0	1
Hepatitis Type C	0	0
Measles	0	0
Meningitis, Viral	1	2
Meningococcal Infections	0	1
Non-gonococcal Urethritis	34	42
Pertussis	1	0
Salmonellosis	3	4
Shigellosis	0	4
Syphilis, primary and secondary	17	13
Syphilis, early latent (<1 yr.)	17	16
Tuberculosis	30	21

\* Data are provisional due to reporting delay

**SPA 6 EXECUTIVE TEAM**

Acting Area Health Officer: Martina Travis, MPH, BSN  
Area Medical Director: Maxine Liggins, MD  
Director of Operations: Willie Mae Howard, MPA  
Nurse Supervisors: Dee Warren, PHNS  
Irlene Terrell, PHNS  
Patricia Bautiste, PHNS  
Ann Nelson, PHNS  
Community Liaison: Emily Moore, PHN  
Epidemiology Analyst: Farimah Fiali  
Health Educator: Nicole D. Vick, MPH, CHES  
Health Ed. Coordinator: Teresa Level

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SOUTH SPA

# Chronicle 6

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**PUBLIC HEALTH MISSION** : TO SAFEGUARD AND IMPROVE THE HEALTH OF ALL LOS ANGELES COUNTY RESIDENTS